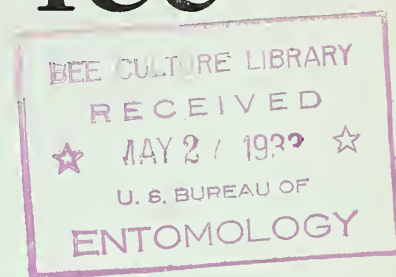


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# Extension Service Review



VOL. 4, No. 3

MAY 1933



A SATISFYING FARM HOME LIFE IS ONE OF THE CHIEF OBJECTIVES OF THE EXTENSION SERVICE

ISSUED BIMONTHLY BY THE EXTENSION SERVICE  
UNITED STATES DEPARTMENT OF AGRICULTURE  
WASHINGTON, D.C.





## In This Issue

**T**HE EMERGENCY agricultural adjustment program for increasing farm purchasing power is an attack on economic maladjustment and social injustice. What has been done in technical advancement must be duplicated, and more than duplicated, in social progress. The extension forces, shoulder to shoulder with the rest of the Nation, face this vital task. This, in brief, is the cause to which our new chief, Henry A. Wallace, calls us and to which he dedicates future extension effort.



**F**ARM WOMEN are improving every opportunity to add to the farm income. In every part of the country they are marketing surplus garden, dairy, and poultry products through curb markets, roadside stands, and tourist homes. Alabama shows what can be accomplished. Besides the \$267,319.32 obtained by farm women from sales of products at curb markets in that State a large amount of money was received from products sold direct from the home.

**W**HAT DO WE KNOW about low-cost diets and the nutritive values of low-cost foods? What is the last word in clothing and household textiles, household management, and living standards under present conditions? Dr. Louise Stanley, Chief, Bureau of Home Economics, tells us what is being accomplished by her staff in answering these questions. She tells us, also, in what forms information is available for field use, and of the desire of the Bureau of Home Economics to cooperate with home demonstration agents in meeting the practical requirements of farm women.

**T**HE REMARKABLE home demonstration organization in the Philippines developed by Maria Orosa after a study of extension methods in this country is described in this issue by two of her own agents.

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**M**ANY Massachusetts children have been kept warm the past winter by attractive play suits, coats, and hats made by their mothers from old garments. One mother made a winter play suit and cap for her 18 months old son by using an old coat, zippers from a worn-out pair of galoshes, and 35 cents worth of thread and buttons. Under the direction of Mrs. Esther Cooley Page, Massachusetts clothing specialist, 567 coats and 174 hats were made during the fall and winter.



## On The Calendar

National Congress of Parents and Teachers Meeting, Seattle, Wash., May 22-26.

National Home Economics Association Meeting, Milwaukee, Wis., June 26-30.

National 4-H Club Camp, Washington, D.C., June 15-21.

**M**RS. GRACE LONG ELSE, assistant State home agent in New Mexico, tells how farmers in her State are solving their food problems by canning a half or a whole carcass of beef, pork, or mutton. Ranchers have had difficulty in having a meat supply in the summer when fresh meat will not keep long. They, therefore, do their canning in quantity in the fall and early winter while the stock from the ranges is in prime condition.



**P**ENNSYLVANIA'S 295 4-H bee club members and how busy they kept their busy bees gives decided encouragement to the growth of this line of 4-H club activity. The colonies owned by these club members averaged 77 pounds per colony for the year when the State average was 30 pounds per colony. The banner colony of 1932 produced a total of 247 pounds of comb and extracted honey.

**K**INGS COUNTY, CALIF., older 4-H club girls care for young children in a community playground while the mothers attend an extension meeting as one of their activities. Margaret Latimer, Payne 4-H club scholarship winner for this year, tells how these older 4-H girls planned and equipped a playground in the back yard of a family which has four children between the ages of 20 months and 9 years. Besides the fun the girls had in constructing the equipment they have gained valuable experience. In other States the older club girls are making garments and toys for small children and are assisting in the care of the children at home.

THE EXTENSION SERVICE REVIEW is issued bimonthly by the EXTENSION SERVICE of the United States Department of Agriculture, Washington, D.C. The matter contained in the REVIEW is published by direction of the Secretary of Agriculture as administrative information required for the proper transaction of the public business. The REVIEW seeks to supply to workers and cooperators of the Department of Agriculture engaged in extension activities, information of especial help to them in the performance of their duties, and is issued to them free by law. Others may obtain copies of the REVIEW from the Superintendent of Documents, Government Printing Office, Washington, D.C., 5 cents a copy, or by subscription at the rate of 25 cents a year, domestic, and 45 cents, foreign. Postage stamps will not be accepted in payment.

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REUBEN BRIGHAM, Editor

# Extension Service Review

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NO. 3

## More Purchasing Power for Farmers

### Primary Objectives of Farm-Relief Program and of Extension Service Are Identical

H. A. WALLACE, *Secretary of Agriculture*

THE AGRICULTURAL extension forces—Federal, State, and county—are entitled to a tremendous share of the credit for the scientific advances that American agriculture has made in the last 30 years. Now these extension forces, shoulder to shoulder with the rest of the Nation, face another task. It is as huge and as vital as the first.

What has been done in technical advancement must be duplicated and more than duplicated, in social progress. The emergency agricultural adjustment program for increasing farm purchasing power is an attack on economic maladjustment and social injustice. It will succeed, I am convinced, if the rank and file of the people of the United States—producers, processors, and consumers alike—are genuinely eager to distribute the fruits of science in a just way.

#### *Organized Control*

The program constitutes a major social experiment. It is designed to replace the habitual disorganization of a major American industry, with an established and organized control, in the interest of the farmer and in the interest of everybody.

Any government that increases the efficiency of any class of people without facing the undesirable results that flow from that efficiency is criminally negligent. Extension forces, State colleges and experiment stations, the Department of Agriculture, and American business men face the challenge: Will we be as efficient in our social experimenting as we have been in our scientific experimenting?

With marked success, we have attacked farm losses and wastes that were caused by pests, disease, weather, and inefficient producing practices. We must now assail the losses and waste that arise from unbalanced production and consumption to disrupt the orderly distribution of the necessities of life.

It must be made clear to farmers and urbanites alike, whose humane instincts revolt at the idea of reducing production

at this time, that unbalanced production is waste and that it does not relieve want—that the farmer who produces a surplus of foodstuffs that can not be delivered to a consumer is not keeping the



H. A. Wallace

consumer from going hungry. As our economic system works at present, the greater the surplus of wheat in Kansas the longer the breadline in New York. Our surpluses of food crops seem to have had as disastrous an effect upon national well-being as crop shortages used to have on the isolated communities of a simpler age.

#### *Increase Purchasing Power*

The philosophy of the emergency adjustment program is that the broad centralizing power of the Government is delegated to the President, and through him to the Secretary of Agriculture, to enable producers and processors to work together to bring order out of the present chaos, and to make adjustments in production and prices that are fair to the producer, harm no legitimate interest of the processor, and maintain the just interests of the consumer.

The basic purpose of the plan is first to increase the purchasing power of farm people. This is also the declared, fundamental objective of the Extension Service. It is farm relief, but by the same token it is national relief as well. Millions of the unemployed in the cities lost their jobs because farm people lost their power to buy. Restoring farm purchasing power will set men to work in the cities, making the things that farmers need and will buy if they can. Extension workers and all others who have a part in the measure are serving not only the farm people, but all the people. Business and manufacturing activity are waiting on the restoration of farm purchasing power.

The method to be used in increasing the farmers' purchasing power is to restore the balance between production and consumption as rapidly as possible, by helping the farmer to plan his production to fit the effective demand of today's market and tomorrow's, not yesterday's. This means, plainly, that the farmer will have to curtail his acreage and control his production. He cannot do that unless he is compensated for it, for there are taxes and interest charges to be paid on the land that is left idle. To provide such compensation in the form of price adjustments the plan proposes a carefully regulated tax on the processed form of each farm commodity of which the production is to be reduced.

#### *Pre-War Parity*

The goal of the plan, in terms of price, is pre-war parity between the things the farmer sells and the things he buys. "Pre-war parity" means that the price of agricultural products should be high enough so that any given unit of an agricultural commodity would be exchangeable for the same quantity of nonagricultural commodities that it could have been exchanged for during the years 1909-14. In that period the purchasing values of agricultural products and of nonagricultural products were more nearly equal than they had ever been before, or ever have been since, whereas at pres-



ent the farm products that would have brought \$1 in the pre-war period will bring only about 50 cents, and the non-agricultural products that sold for \$1 in the pre-war period sell for more than \$1.

### *Plan of Bill*

To reach the price goal the bill that is before the Congress as this is being written gives the Secretary of Agriculture certain powers. Until the program is enacted into law, of course, it is impossible to state without qualification just what form the plan will finally take.

The powers mentioned, covered by the legislation now in progress, are:

(1) To obtain, by contract with farmers, a voluntary reduction in acreage or production of certain commodities, in return for which reduction the producers will be compensated by rental or benefit payments.

(2) To enter into marketing agreements with producers, marketing agencies, and processors of farm products. The intent of this provision is the organization of commodity councils that will include both producers and processors. These councils will help to determine which plans of reducing production and what scale of taxation on the processed goods will be wisest. The recommendations of the councils will be considered by the Secretary before any regulations are issued.

(3) To license processing and distributing agencies that handle agricultural products in interstate or foreign commerce, in the event that such licensing becomes necessary in order to achieve the purpose of the measure.

(4) To use the Smith cotton option contract plan on the 1933 crop of cotton.

(5) To impose taxes on the processing of the basic farm products. The tax can not be greater than is required to bring the market price up to pre-war parity. The chances are that the tax would start at a relatively low figure. It can be so regulated by the Secretary that it will not restrict consumption of the commodity in its processed form.

### *Production Control*

Different methods of production control may be applied to different crops. To reduce the production of hogs the best method may be to pay the hog producer rent on a specified amount of his corn land if he retires that acreage from corn production and also reduces the tonnage of hogs that he markets. For a crop such as wheat, the rental or benefit payment may be based primarily upon a reduction in the acreage, with certain regulations as to the alternative use of the land so released. Under the bill the

Secretary is also empowered to rent land in large tracts or in selected regions, or to allot the sums for land rentals by States and by counties so that every producer will have an equal chance to rent a part of his land to the Government and to receive rental payments.

### *Protection of Consumer*

The consumer is protected first by the provision that that portion of the tax passed on to him by the processor declines just as rapidly as the price the farmer receives for his product climbs toward the pre-war parity level. When pre-war parity is reached, the tax is removed entirely. Even more important, the slight contribution the consumer will make through retail prices will be more than compensated for by the revived power of the farmer to buy the goods and services the city has to sell. In no case will the farmer's share of the consumer's dollar be greater than it was in the pre-war period.

This, in outline, is the way the measure, subject to modifications that may be made in the legislation, will work. Exact information on the details of the regulations and the procedure will be supplied to extension workers and others concerned in their application, just as rapidly as possible.

The things that extension workers will do in connection with the emergency adjustment program are closely in line with the things that they have been doing for agriculture. Particularly in the last 3 years extension workers have been encouraging and helping farm people to control production and to plan the utilization of their products. This new program must be based on facts that extension agents, specialists, and administrators are in excellent position to collect, evaluate, interpret, and report. Extension workers have perfected themselves in the technique of educational methods, adult and junior. Education is essential in this plan.

### *Support of Farm People Necessary*

It goes without saying that unless the farm people themselves join and support this adjustment program, it must fail. The past record of the Extension Service in mobilizing farmers and farm families, is pertinent here. In 1932 the Extension Service enlisted the cooperation of 150,000 men and 128,000 women who served as volunteer local leaders in extension work. In the same year more than a million persons assisted in extension demonstrations. More than 900,000 farm boys and girls enrolled in the 4-H clubs and more than 30,000 young people served as leaders of such clubs. What the Extension

Service has done in enlisting the dynamic cooperation of farm people in increasing technical efficiency it can do in mobilizing an army of farm people to attack this new and graver emergency. The extension agent sees, vividly and concretely, what the emergency adjustment program must do. The peculiar needs of a given farm family, a given farm community, and a given farm county, and the way in which the emergency-adjustment program must be adapted to meet those needs, are known to the extension workers. The same loyal and informed service that the extension workers have given in the past is the service that we confidently expect from them now. It is the great opportunity of extension workers.

It has been said, and with perfect truth, that the adjustment plan is an untrod path. So, at one time, was the path that agriculture has followed in its march from level to higher level of efficiency. That path had its pitfalls; their counterparts lie in the way ahead, and extension workers have learned to recognize them. But the path behind is marked with blaze marks and trail signs, many of them put there by the Extension Service, and helpful in pointing the way along the new trail.

## **Trades Corn and Sorghum for a House and Barn**

Clyde L. Jordan, of Pope County, Ark., reduced his cotton acreage and planted corn in 1931. In the fall he found himself with 5,000 bushels of corn and no market. Since the barn was badly in need of repairs, he approached a small sawmill operator, who worked several teams in the woods, as to the possibility of trading corn for lumber. The mill operator was so well pleased with the trade that it gave Farmer Jordan an idea. Interviewing other small operators, he found five willing to take corn for 90,000 feet of lumber, which was enough to build a house and barn. Carpenters worked on the new buildings for 8 bushels of corn a day. Sorghum valued at 3 gallons for \$1 was also used. Only \$162 in cash was spent, and this was spent for hardware.

Mr. Jordan operates a 400-acre farm with 500 goats, 28 horses and mules, 30 hogs, 60 cows, and calves. In the fall of 1932 he again had 5,000 bushels of corn. This territory has not fed and finished livestock in the past, but as a means of utilizing this corn Mr. Jordan, on the advice of the county agent, W. R. Daniel, purchased 64 head of high-grade Hereford and Angus steers, now housed in his new barn.



# The Bureau of Home Economics and the Extension Service

LOUISE STANLEY

Chief, Bureau of Home Economics

**T**HE FINAL test of usefulness of the work of the Bureau of Home Economics is the extent to which it is applied in practice. Without a field staff of our own, we depend very largely on the extension workers and the teachers of the country to transmit our findings to the home makers, and we need your help in keeping our program geared to its most useful level. You know the general scope of our work, I am sure, but it will not be amiss to review it briefly and see whether you can suggest new lines of cooperation or point out gaps which might be filled through our facilities.

## *Food and Nutrition Studies*

Of most immediate and vital importance in the bureau's output now and during the past three years is the material it furnishes on low-cost diets and the nutritive values of low-cost foods. This is derived from the work of staff specialists in food composition and nutrition, food economics, and food preparation. Its essential teaching is the necessity for a balanced diet for health's sake, and the principles of proper food selection are put forth with concrete suggestions as to menus, recipes, and a weekly low-cost market list.

The material is widely used by extension workers in many States, by relief agencies of all sorts, and by innumerable

families all over the country. It is issued in the form of leaflets (Family's Food at Low Cost, Getting the Most for Your Food Money, Emergency Food Relief and Child Health, Family Food Budgets for the Use of Relief Agencies) and a weekly press release called "The Market Basket."

The low-cost food studies are a special phase of the bureau's nutrition work. A continuing project is the collection of all scientific data on food composition, expanding and bringing down to date the earlier work of Dr. W. O. Atwater and Dr. C. F. Langworthy in this field.

The nutrition laboratory is constantly at work upon experiments to determine the vitamin content of given foods and their value in the diet. New uses and new methods of preparing foods are tested or developed in the food-preparation laboratory, to conserve food values or extend the variety of menus and recipes utilizing farm and garden products. Some of this work takes the form of testing the quality and palatability of meats or vegetables produced under controlled conditions by Federal and State experiment stations. Food-preservation experiments, especially home canning, are another feature of the food utilization studies of special interest to the extension worker. Food for children is still another special line of research carried on in collaboration with nursery schools.

The food and nutrition studies furnish material which is familiar to extension workers in the form of bulletins and charts, some of which show, for example, the different types of food and their most important nutritive values. Others show the effects upon human growth and health of diets lacking in different food materials, especially vitamins and minerals. Others, again, show good proportions in the diet and good foods for children. New uses for different foods are described, cooking methods and recipes are given in numerous other leaflets which are the product, and sometimes the by-product, of laboratory experiments in scientific cookery.

## *Clothing and Household Textiles*

Textile studies in the Bureau of Home Economics furnish much material for use in home-improvement demonstrations by extension workers. While our studies are planned primarily to help the housewife in the wise use and care of textile materials in the home, they are practically of equal value to the producer of cotton and wool, since satisfactory use increases use.

Numerous publications resulting from these studies have been issued, very largely for extension teaching—bulletins, for example, on home laundering, removal of stains, window curtaining, uses for cheap materials such as Osna-



Miriam Birdseye,  
Extension nutritionist.



Louise Stanley,  
Chief, Bureau of Home Economics.



Mary A. Rokahr,  
Extension economist, home management.



burg, and the development of a new foundation fabric for hooked rugs. Hygienic and convenient garments for children, applying principles of self-help on the part of the child, are designed in this division. Twenty-nine such designs for children's garments have been adopted and put on sale by eight different pattern-manufacturing firms. Traveling exhibits of model garments are constantly on the road filling requests from child-welfare, public-health, and educational institutions all over the country in addition to the requests of extension workers.

### *Household Management and Living Standards*

We gather information as to dietary habits of different population groups in order to show the trends of food consumption in this country. We collect other data also to show standards of living and in connection with studies of household budgets, to furnish guidance in the management of household resources to best advantage. We study household work and home planning in order to find ways of lightening the burdens of household labor and at the same time improving home equipment. The published material resulting from this work includes bulletins on adequate diets for families of low income, on kitchen planning, and on the planning and recording of household expenditures.

### *Information Service*

The results of the Bureau of Home Economics research are given to the public as already stated in printed bulletins, leaflets, and press releases; in three series of radio talks; in charts, exhibits, and film strips. Some of these are prepared especially for extension service use.

Our technical publications should be of interest to you and should be on your reference shelves. Many of these you may have to interpret for the housewife, but some are in such form that she herself can use them for reference. To meet your need for simpler material which you can put directly into the hands of the housewife, the farmers' bulletins were developed, and later still the leaflet series which are more popular and shorter. We have made every attempt to provide as much of this material as possible.

A beginning has been made in the development of educational motion pictures, lantern slides, and film strips. Only one motion picture has been prepared by this bureau up to the present time—*Food Makes a Difference*. We hope that others may be developed, and particularly mo-

tion pictures of more direct educational type. If you feel a need for these, express yourself.

The lantern-slide and film-strip service will be expanded during the present year, and some of the material which has been going out in the form of popular leaflets will be put into film strips which you can use with groups. Much of the material in leaflets lends itself very well to this type of development.

### *Cost of Bureau's Work*

In recent months, unfortunately, the supply of all our printed and mimeographed material has been curtailed by a reduction in the current Department of Agriculture appropriation for these purposes. Your service has felt this reduction, too, of course.

At most, however, the appropriation for the Bureau of Home Economics is small. It amounted to \$233,365 for the fiscal year 1933. This is an annual expenditure of less than eight-tenths of a cent per family for this service to the greatest consumer market in the country—the household—and a little over 1 percent of the total appropriation for the Department of Agriculture. Of total appropriations for the entire Government, the Home Economics allotment constitutes  $\frac{58}{1000}$  of 1 percent.

We want particularly to call attention to the fact that the bureau is always glad to have from you problems and questions. We cannot always solve these for you. Sometimes we can. If not, we can refer you to some one in the department or elsewhere who can.

We also wish you to know that our laboratories are open to you. We have been very happy from time to time to have extension workers from the field come into the laboratory from two to six weeks at a time. We hope more of this type of service can be developed in the future.

In return we want your constructive criticism. Which bulletins are most helpful, what recommendations will not work, what help you need that we are not furnishing—and remember we cannot do all we would like, or you would like to have us do. We want your experiences, especially now, in community feeding, community canning, and curb markets. Insofar as possible, we would like to coordinate your experiences and pass them on. Certain points we would like to have you study for us, certain types of data we would like to have you collect. As I visualize our program, we are more and more going to call upon

you and ask your cooperation in the collection of certain types of information. In this way we can be assured that our work is geared to the groups you are reaching.



**O**ZIE BELL GARRETT, of Madison County, Miss., telling of her 4-H club work over a national radio network. She is wearing the hat and dress she made out of old sugar sacks. Dyed blue they are as pretty and becoming as you will find anywhere. Ozie Bell is president of her 4-H club which now has 74 active members. The Garrett home has profited much by extension work, which she describes as follows:

"Our home has been screened. Running water has been put in the kitchen by placing a 65-gallon tank on the outside, and a sink made from a gas tank from a Ford car on the inside. The connecting pipe came from an old Ford car, the cost being only 10 cents for a faucet. A cabinet was made of waste lumber. Two boxes were given by a merchant. The nails were drawn out of the boxes and used to build the cabinet. Handles came from the hood of a Ford car. The lawn has been improved by building up the low places, planting grass, fencing, and making a driveway to the house. Purebred chickens have taken the place of the mixed breed. We have learned to grow, can, and prepare seven new kinds of vegetables; to can meats; to plan and prepare quick wholesome meals, thereby making meal planning a pleasure rather than a burden. Thirty-five of our neighbors have adopted the improved practices used by mother and me."



# Canning Meat in Quantity

GRACE LONG ELSER

Assistant State Home Agent, New Mexico Extension Service

THE CANNING of a half or a whole carcass of beef, or pork, or mutton has helped to solve some of the food problems of the people in New Mexico. One usually thinks of canning being done in the summer and early fall to furnish a winter food supply. Quantity meat canning is done in the fall and early winter while the stock from the ranges is in prime condition and, especially for the ranch families, is largely to supply meat for use the following summer. All ranch families can have fresh meat throughout the winter months when refrigeration is no problem. The difficulty is to have a meat supply during the hot months when fresh meat will not keep any length of time. This quantity meat canning makes available a home food supply and it helps the rancher as he does not have to sell all of his stock at prevailing low prices and purchase high-priced foods for the family later.

Most of the meat canned in quantity is beef as New Mexico provides large numbers of steers, and this article will discuss the canning of beef. However, half or whole carcasses of lamb, mutton, and pork are also canned.

In preparing meat for quantity canning, it must have cooled not less than 24 hours, or until all the animal heat is out of it. The meat for canning must be as fresh as if it were to be served immediately. The cutting of the half or whole carcass is done by a man, sometimes under the supervision of a woman extension worker. The county extension agent often uses this step to show the people how to cut up a carcass properly. After the carcass has been quartered, the various standard cuts are made. The hind quarter of beef is usually cut up first so that the roasts and steaks can be put on to cook.

## Preparing Meat

Meat may be prepared for canning in any of the ways as if it were to be served immediately, such as rolled roasts from the ribs, the flank used for stuffing, round steak for sautéing or for Swiss steak, tough pieces used for hamburger, meat loaf, chili meat, or stew, and other cuts used as desired. Usually, as much of the meat as possible is cut off the bones and the bones used for soup stock. They may be cooked under pressure in a pressure cooker, or, if not enough pressure cookers are available, the bones can be put on to simmer in an open kettle. If

some of the meat clings to the bones, it can be taken off after the bones have been boiled.

The cooking of the meat makes a very satisfactory demonstration in meat cookery though the meat is only partially cooked—about half-done; but it must be heated through. The processes involved in the cooking of steaks, the preparing of roasts, and the making of stews and soups are discussed and demonstrated. After the various steps in meat cookery have been demonstrated, some of the people then do the cooking of the meat. The work is planned so that some meat is partially cooked ready to fill the cans



A family in Harding County canned  $3\frac{1}{2}$  beeves and 1 hog, making a total of 422 cans.

as soon as possible. When that meat is packed, other pieces will be cooked sufficiently to put into the jars or cans.

## Tin Cans Used

In canning meats in large quantities in New Mexico, it has been found that more can be handled in a day if the meat is canned in tin rather than in glass jars. However, many of the people do can in glass. If the meat is to be canned in tin, the roasts should be cut in blocks sufficiently large to fill each can with a solid piece of meat. The steaks, in sizes suitable for serving are packed into the cans. The chili stew, Swiss steak, rolled roasts, meat loaf, and hamburgers are packed each in their turn as they are ready. The meat loaf may also be cooked in rolls that are of the approximate size of the can and meat packed solid. A teaspoon of salt is added to each quart or No. 3 can. No additional liquid is necessary, because during the processing period enough liquid is cooked out of the meat. No salt is added if sufficient seasoning has been mixed in with such products as hamburger, chili, and meat loaf.

After a few cans of roast or steak have been packed, the demonstrator shows how to operate the tin-can sealer

and supervises its use. The day's work of canning is then divided among the group, some cooking the meat, some packing into cans, and others sealing the cans.

## Pressure Cookers

As the altitude in New Mexico varies from 3,000 to 8,000 feet, pressure cookers for canning, as well as for cooking, are now found in practically all parts of the State. Even though they are rather generally used, it is usually necessary to demonstrate the principles of the pressure cooker at a meat-canning demonstration, as there are often people present who have not used one. As a rule, all products that require the same amount of processing time are placed in one cooker. The time does not vary a great deal, as most of the meat is packed without bones. If several pressure cookers are on the stove, it has been found to be more satisfactory to have one person in charge of the pressure cookers and to watch the time of processing.

Meat canning was first conducted by the Extension Service in New Mexico in 1917. The volume really started in 1923, when 12,416 containers of meat were reported canned, with the demonstrations averaging half a beef. The demonstrations were first given by home economics extension workers, but gradually more and more of the men agents have conducted such demonstrations, until at this time practically all of the meat canning demonstrations in counties without home demonstration agents are given by the county agents.

## Many Varieties

In the last two years the variety of ways in which the meat is prepared for canning, as well as the amount of meat canned, has greatly increased. In 1931 there were 15 agents, reporting 32,088 containers canned. As the large amount of meat canning is done after November 1 and the statistics for 1932 are not yet available, a questionnaire returned by four men agents and six women agents on September 1 showed the following: 221 meat canning demonstrations held since Nov. 1, 1931; such demonstrations held in 109 communities; 2,016 people attended demonstrations; 14,098 cans of meat canned at demonstrations conducted (2 counties not reported); 134 demonstrations given by people assisted or who had been taught by extension



workers; 44,704 cans of meat canned since Nov. 1, 1931 (2 counties not reported).

During the course of each day's demonstration an attempt is made to have everyone present learn and actually prac-

tice each step in the demonstration. This has been found to be more satisfactory, as the people learn under supervision, and by practicing, gain assurance that they can go home and do the same work.

## Pennsylvania 4-H Bee Clubs

**T**HE 22 4-H bee clubs in 18 Pennsylvania counties in 1932 enrolled 295 members. These young beekeepers had an average production of 77 pounds of honey per colony in 1931 when the estimated State average was 30 pounds per



4-H bee club girls of Potter County, Winifred and Sydney Harder, whose colonies produced over an 80-pound average during 1932.

colony and made a profit of \$12.95 per colony for all club members after deducting the cost of labor, interest, and other expenses.

The 4-H club work has also served indirectly as demonstration apiaries in many counties where it has been difficult to initiate a program with the adult beekeepers. In Fayette County a second effort was made in 1928 to do some bee work with the adult beekeepers, but there seemed to be no interest in this type of work. The next year a 4-H bee club was established. These boys and girls did unusually good work. The two Mosier brothers took over their father's bees and transferred them from box hives to modern movable frame hives. They produced an average of 117 pounds of honey per colony for the seven colonies. Their father, who had owned the bees for a number of years, said that this was the

first crop of honey those bees had produced. Interest in bee work in Fayette County has grown so well that last winter when a bee school was held 52 adult beekeepers attended. The bee meetings in the county during the past season were equally well attended.

The development of 4-H bee club work in Pennsylvania has been due largely to two things: First, to close supervision of the season's program of work of each club member, and, secondly, to the development of a seasonal management program adapted to the 4-H club work and the honey-producing possibilities of the State, according to Edwin J. Anderson, extension entomologist.

The first meeting for the organization of each new bee club takes place in February or March. The possibilities of the bee work for the coming year are explained by telling of the results obtained by 4-H club members during the past few years, and a program is outlined.

At later meetings the equipment is ordered and assembled, the package bees and queens introduced under supervision and three weeks later checked to be sure the queens are all present and laying properly.

Each club member is invited about once each month to check on the manipulation of the colony. In the fall one day is set aside to build a honey extractor, and all the honey is brought to one place to be extracted. A club round-up is held in October or November, when each member is expected to show six 1-pound jars of honey and six sections of comb honey. If two distinct colors of honey are obtained, six jars or sections of each kind may be shown. All the honey of choice quality and appearance shown at the round-up is sent to the State Farm Products Show at Harrisburg to compete in the 4-H club class for all club members of the State.

Record books of expenses, labor, and production are kept through the season. These books, as well as the honey, are judged at the round-ups. When prizes are available they are awarded on the following basis: Production, 50 points; record books, 20 points; display of honey, 30 points. It is difficult for any boy or girl to get a prize unless he has completed all phases of the work for the past season.

In 1926 there were only 10 4-H bee club members in 2 clubs, while in 1932 there were 295 members in 22 clubs located in 18 counties.

The greatest average production in 1931 for one club was made by the Carbon County 4-H Bee Club, which showed an average of 137 pounds per colony.

The highest production reported to date for one colony owned by a 4-H bee club member for 1932 is a total of 247 pounds of comb and extracted honey obtained from one colony of bees. This production was obtained by Grant Reber, of Berks County.



A group of adult beekeepers and 4-H club members with the honey extractor made by the club members.



# Farm Women's Markets Expand

**L**OW PRICES and reduced incomes have encouraged the increased marketing of surplus garden, dairy, and poultry products through curb markets, roadside stands, tourist homes, and other direct-marketing mediums. Such activities of farm women are adding materially to the family income. As the idea grows and the women gain in experience, they are enlarging the variety of high-grade articles they offer for sale and plan their gardens, canning, and home industry activities to provide the articles which have the best sale at their market.

Home-demonstration agents and specialists have been especially helpful in assisting farm women to prepare a standardized quality product for sale, in displaying it attractively, and in perfecting their sales organization so that it runs smoothly and efficiently. The most popular articles offered for sale continue to be butter, eggs, cottage cheese, vegetables, fruits, chickens, and other meat. Practically all markets also have on sale flowers, baked goods, canned fruit, preserves, canned chicken and soups, and products typical of the section. Home-made articles, such as hooked rugs; pine-needle pillows from the north woods; articles of native wood, reed, leather; and household linens, make their appearance at the different markets and form the basis for special sales at Christmas or during the tourist season. The older markets have rooms of their own with equipment such as scales, counters, glass display cases, cash registers, and sales slips, while the newer markets are often held in a vacant store, under a shed, on a vacant lot, or on the curb with little equipment.

The following examples of women's marketing activities in 1932 in several States representing different parts of the country will give an idea of the magnitude of the movement, how many women are taking part, and how much money it is adding to the family income. Most of this money goes into the family treasury for necessities, taxes, interest, clothing or groceries; but some of it is used to keep sons and daughters in college, pay doctors' bills, or to beautify the home.

## Markets and Thrift Shops

In Illinois 600 women sold through the organized markets and thrift shops with gross receipts of \$107,577.52. Some of these shops have cafeterias and tea rooms which have proved very successful.

In Ohio four new groups have been started during the past year and the

foundations laid for a State organization. A committee has been appointed to select a design for registering, and other problems are being considered. During the past year, six counties asked for help in the marketing of their farm-home products as compared with two counties the year before. One group of 10 women in Preble County sold \$850 worth in a town of 3,500 in 24 market days, which is no mean accomplishment. Three thousand dollars was taken in by 42 women in 6 cooperative markets in Franklin, Preble, and Wood Counties in 108 market days.

## Tourist Homes

The Mountain State Tourist Homes of West Virginia have been successful in adding to the income of 28 farm women. These homes are inspected regularly and kept up to a high standard. They use a distinctive blue sign lettered in gold. More than 6,000 customers were taken care of last summer, and farms along the main highways are now ready for their summer trade.

Another West Virginia marketing venture which reported a good year in 1932 is that of the Mountain State Home Industries Shops. The five shops in operation sold \$5,527 worth of farm products, baked goods, flowers, and other articles, which added to the money income of 134 farm women.

Eight women in New Hampshire canned and sold more than 1,000 jars of fruits and vegetables, bearing a label with the farm bureau seal, name of the product, canner's number, and the words "We stand behind our product." All the different recipes used are kept on file so that duplicate orders may be filled.

Farm women's markets are rather new in the Western States, but the present situation has made them profitable in many places. Eight markets were operated successfully in Montana last year, with 222 women cooperating. The total sales amounted to \$23,799.78. The amounts made by the individual women vary from \$1.71 to \$600. These markets were open on Saturday with three also selling on Wednesday.

In Georgia 19 curb markets took in a total of \$155,020.68, while other miscellaneous sales of farm products either at the farm home, to retail grocers, or direct to consumers totaled \$48,556.28.

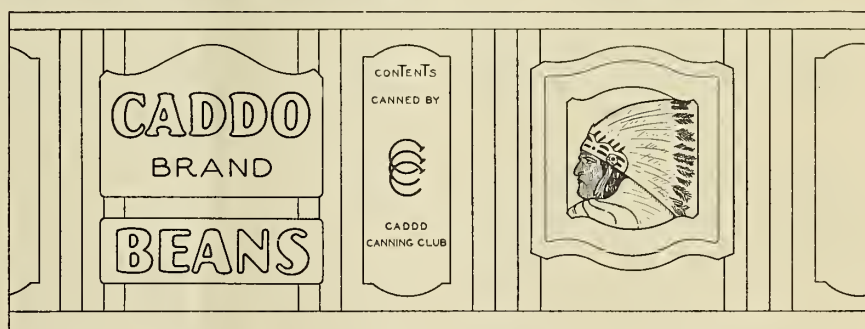
At the Durham (N.C.) market \$260.92 was taken in on a typical market day recently. Fifty-three persons were on hand to sell their produce that day. In 1932 there were 42 home-demonstration markets in North Carolina operated by farm women. The total value of products sold through all agencies was \$324,918.85.

## New Markets in Mississippi

In Mississippi 6 new markets were organized last year and the total sales amounted to more than \$250,000, even with sinking prices. Many of these women and girls have specialties, such as pies, which brought one woman \$904.05. Four drug stores are supplied with pies through the market. Prepared foods of high quality have a ready sale.

The Fort Smith Producers' Curb Market of Fort Smith, Ark., is typical of the growth of many curb markets in practically every State. From a meager start on a vacant lot with no funds and no

(Continued on page 40)



**T**HIS LABEL will be used on the canned goods put up by the home-demonstration clubs of Caddo Parish, La. Each canning center will be equipped with two rubber stamps, one to be used in marking the weight under the contents and the other to designate the kitchen and the individual responsible for the product. The surplus vegetables from the many live-at-home gardens will be marketed in this way. A sales campaign will be sponsored by the civics division of the Women's Department Club of Shreveport.



### National 4-H Club Radio Program

Annual Theme: 4-H Club Work Has Educational Value

*Saturday, May 6, 12.30 to 1.30 p. m. Eastern Standard Time*

Things I have Learned from Raising a Calf the 4-H Way-----	4-H club boy from Mississippi.
What Home Project Work has Taught Me-----	4-H club girl from New Jersey.
4-H Project Activities in New Jersey-----	State staff member from New Jersey.
Learning New and Better Methods of Farming and Home Making-----	Gertrude Warren, Extension Service, U. S. Department of Agriculture.
The World's Great Composers—National 4-H Music-Achievement Test Featuring Compositions by Wagner, Beethoven, and Brahms-----	United States Marine Band.

*Saturday, June 3, 12.30 to 1.30 p. m., Eastern Standard Time*

Club Week at the University of Maryland Taught Me Much-----	4-H club boy from Maryland.
4-H Club Work Made Me Want to Go to College-----	4-H club girl from New York.
The New York State Club Congress for 4-H Boys and Girls-----	State staff member from New York.
Do 4-H Club Members Go to College?-----	R. A. Turner, Extension Service, U. S. Department of Agriculture.
The World's Great Composers—National 4-H Music-Achievement Test Featuring Compositions by Grieg, Gounod, and Schumann-----	United States Marine Band.

Nearly 9,000 unemployed families have located upon unoccupied farms in the past year. Bryan County estimated the largest number, with 500 families moving to farms. Pottawatomie, Seminole, and Pittsburg Counties estimated 400 families each. Practically all places available are now taken, since 31 of the counties estimated that there are no places in the county where unemployed families might be located under circumstances which might enable them to provide for themselves and avoid the necessity of charity. Thirty-four counties reported a number of such places ranging from 10 in Muskogee County to 100 in Woods County, 150 to 200 in Garfield County, and 400 in Pittsburg County.

The county agents in 49 of the counties do not feel that this movement back to the land will be a serious handicap or detriment to agriculture in Oklahoma. In five counties it was felt that this movement would definitely prove detrimental to the farmers, while others qualified their answer saying, "It would bring submarginal land into production" and that "most of these would probably not grow enough surplus to handicap the marketing of the regular farmer."

There are still a large number of families interested in moving back to the farm, nearly 11,000 reported from 41 counties. In the strictly agricultural sections of the State, particularly in eastern Oklahoma, they have already made an earnest effort to grow gardens on vacant city lots and nearby land. It is interesting to note that while there are estimated to be some 12,000 families in Oklahoma who would like to locate upon farms, there are estimated to be not more than about 1,200 places available.

## Back to the Land in Oklahoma

IN OKLAHOMA, as in other States, there has been considerable talk of returning the unemployed to the land. To get a clear picture of the situation and to obtain the viewpoint of the farmer as well as that of the city folks faced with the problem of the care of the unemployed, Director D. P. Trent sent a letter and a questionnaire to each of his county agents. The county agents were requested to sit down in

conference with the Red Cross field workers, county officials, civic-club leaders, and others to agree upon the information called for. The data returned from 65 counties bring out a number of interesting points.

There has been a voluntary movement of unemployed from the city and town back to farms in 62 of these counties. The movement seems only to have been limited by the number of farms available.

### Farm Women's Markets Expand

(Continued from page 39)

protection from heat and rain in the summer of 1930, the market now has commodious quarters near the business district and is an established business, run by the farm men and women of north Sebastian County. During the two and one-half years that it has been in existence records obtained from patrons after each sale show that farm men and women have sold their surplus farm products at this market for \$59,455.71, or an average of \$2,000 per month for the past 30 months.

The following summary of marketing activities of 33,009 women and girls in Alabama speaks for itself:

Curb market sales (16 markets)-----	\$267,319.32
Vegetables sold from home gardens-----	76,875.00
Dairy products sold from home dairy-----	128,509.00
Poultry and eggs sold-----	219,930.00
Canned goods, jellies, etc., sold-----	50,718.00
Home industries-----	5,645.00
Money earned in other ways--	6,525.00
Prizes won-----	6,731.00
Total cash received--	762,252.32

Four farm women's markets in Tennessee have added more than \$7,000 to the income of their farm homes. The market at Jackson has been in operation for 10 years, and in one month last year 38 sellers sold \$781.66 worth of produce.

Texas women also have made a good thing of their marketing this past year. In Nacogdoches County 50 hooked rugs were made and sold, for which the women received \$216. The Better 4-H Products Association of Kleberg County sold 1,308 cans of chicken for more than \$500. One order of 20 dozen went to the Southern Pacific Dining Car Co. Five new home-demonstration club markets have been established during the year.



# Improving Farm Homes in Spokane County, Washington

*MORE THAN 16 years of home-demonstration work in Spokane County, Wash., have made a difference. If you could drive up the road with Alta Fox, the home-demonstration agent, on a lovely spring morning, you would see the difference in the homes; a difference of trees, shrubs, flowers, paint, and a homey atmosphere, and Miss Fox would tell you as she does here the big things and the little things which went into this change.*



Miss Fox.

**F**ARMSTEADS in Spokane County, Wash., are more attractive and more comfortable places on which to live as a result of the home-improvement projects, and farm homes are no longer the drab, unattractive places they once were. Studies of color

continued over several years have brought surprising results in home improvement. Dull woodwork and walls have been painted or calcimined in warm, attractive colors. Draperies and curtains have been done in harmonizing colors and have added interest to many rooms. Last year a pillow contest was used to create interest in making attractive as well as usable pillows for living rooms. Each of the 33 home economics clubs had a contest within their own club and selected their three best pillows. There were three classes of pillows—pieced, appliqued, and quilted. At our county-wide achievement program we had nearly 100 attractive, useful pillows displayed. It was a very interesting display, which illustrated good principles of colors, design, and simplicity. The prizes were attractive pictures suitable for living rooms.

Our handcraft program for the past several years has consisted of rug making. In many of our farm homes attractive handmade rugs, which have been made of old materials, are being used.

## Refinishing Furniture

The furniture-refinishing project is one of the very fascinating and satisfying projects to the club members. Some of the results are almost spectacular. Last year one woman took an old sofa that had stood in the backyard of her home for several years and the children had used it as a plaything. The frame was in good condition and some of the springs were intact. Additional springs were salvaged from an old car seat and added to the others. These were all securely tied according to rules. The entire family was interested in the venture and the father of the family did much of the hard work. This family had an abundance of feathers and so we made three

loose cushions filled with down for the upholstering. For the covering a colorful figured monk's cloth was used. After adding a pleated skirt to cover the old woodwork, we had a piece of furniture of which we were justly proud. The material cost \$4, and the piece of furniture, with its comfortable down cushions, had a value of at least \$50.

Recently an overstuffed chair was reupholstered in leatherette at a cost of \$4.50. An upholstering shop had asked \$14 for the same job.

These are very tangible evidences of economies that result from club projects. One of the goals in the house-furnishings project this year is that every club member will improve one piece of furniture. We are hoping to have 700 pieces of furniture improved, as there are that many women enrolled in home economics clubs.

Improving the appearance of the farmyard has also played an important part in the improvement program. This project has been promoted during the past five years by means of a contest between the clubs. The community showing the highest average score for improvements made during the year receives a much coveted prize, namely, their club's name engraved on a silver loving cup donated by the agricultural bureau of the Spokane Chamber of Commerce.

## Score Card Used

The score card that is used by each individual to credit the work done in her yard by the home-beautification leaders has been revised each year by the leaders in order that it will better meet changing conditions. These local leaders, who are familiar with the difficulties in making yard improvements, are eager to use a score card that will give every woman in her club a chance to receive credit for the small changes she is able to make in her home grounds. For instance, this past year after considerable discussion the women agreed to give credit in the yard-beautification project for improving the exterior of the home by carpentry work. They felt that this might be the extent of improvements that some families could make in a year, other than cleaning up the yard. Credit is given for all repairs that might be made in the yard as well as for any planting that is

done. This includes painting, repair of fences, steps, and the like. The credit allowed on the actual planting done is divided into small units such as each tree planted, each shrub planted, each 15 bulbs planted, each variety of annual planted, and each perennial planted.

We feel that to make this project interesting we must give plenty of encouragement. We are all familiar with the farmstead without a tree, a shrub, or a sprig of grass. To undertake any changes in such a yard requires much courage. This year one of the aims in the yard-beautification project is that each family plant two shrubs. These two shrubs might be an addition to some already there or they might be the first two ever planted.

## Planning the Yard

The correct principles of planting are emphasized each year. This year the leader is making a plan of her own yard. The one plan in each community will be inspected by the horticultural specialist. The leader in turn will assist those club members who are interested in making a plan.

Last June we had an achievement program combined with a garden tour. At the achievement program we had only a display of rugs, pillows, and quilts. On the garden tour we visited yards that illustrated the following features: A simple rock garden, a pool, an attractive method of screening off a barn yard, an outdoor fireplace, a well-arranged flower garden, and an outdoor living room.

Displays of work accomplished are one of our most effective extension methods of teaching. And, then, I find that contests are effective in getting more women to participate.

It is not difficult to observe the material changes which have been made in Spokane County farm homes as a result of the home-economics extension program.

**R**ECORDS kept by 350 4-H club members of Humphreys County, Tenn., show that they made a net profit of \$2,042.87 after paying rent, themselves for work, and feed bills, on crops and livestock produced as club projects this year, states W. M. Tolley, county agent.



# Farm and Home Records in Kansas

*THEY ARE trying something different in Kansas—a complete analysis of the farm and home business by the men and women who have been keeping farm and household accounts under the direction of Marguerite Harper and I. N. Chapman, home and farm management specialists. "A most unusual piece of work," said Miss Rokahr on her return from a recent field trip. So we wrote to Miss Harper asking her to tell Review readers about the Kansas plan and how it is working, which she has done in the following article.*

**P**RESENT conditions have increased materially the importance of the home as a factor in determining family and community character. Comfort, enlightenment, high standards of living, and happiness for the family and its contribution to the community are made possible not alone by the ideals in the home but actually more by the ability of the family to subscribe to a program of intelligent conservation and utilization of its time and financial resources.

Fortunately, in this situation, two farm bureau farm management associations were organized in Kansas in 1929. Their primary purpose was to promote farm accounting and farm management. In the beginning, home accounting was optional and in most instances, secondary. However, the increasing importance of the home as an economic factor on the farm has resulted in enlarging the interest and activities in home accounting until these have come to be known as farm bureau

those listed on the summary page of the farm and home account books. In using the summary page, each family is asked to find its own figures listed in each of the columns of the county measuring sheet and to draw a colored line under each of these figures, thus forming a graph. This makes possible a comparison of each family's expenditures with the average for the county as well as with that for the State. Such a graph gives a comprehensive picture of the family spending and financial management for the year.

These county meetings help the farmers and their wives to summarize and classify farm and home expenditures and to determine what factors contribute most efficiently to improved standards of living. No specific individual recommendations are made by the specialist. However, through the development of general discussions, each family is encouraged to make personal application. Because past expenditures have not usually been excessive, emphasis is not placed so much upon financial curtailment as upon determination of relative values of the factors involved. In so doing, each family plans for the maximum contribution of the farm.

The Kansas plan, in short, develops a feeling of mutual interest in the problems of the farm and home thereby enabling the family, through better utilization of time and money, to enlarge its opportunities for leisure, recreation, personal development, and more satisfactory home and community relationships.



Farmers and farm women analyzing their farm and home accounts in Washington County, Kans.

There are never very many people under any general economic condition who are able to provide for all possible needs and desires. Periods of depression do not create, but only emphasize, this human characteristic. Only those persons can attain the maximum possibilities in higher standards of living who provide some means whereby the demands upon their resources of time and money may be scrutinized and analyzed, to the end that the most essential needs or preferable desires may be obtained through the curtailment of those which are least important.

With a realization of her own individual responsibility in determining the family's competence, the home maker may well ask, "How can my family adjust its expenditures of time and money so as to take the fullest advantage of all opportunities?" Any solution must take into consideration not only time but financial resources, and must also include the active interest of all members of the family, for their cooperation is most essential.

farm-and-home management associations. These associations have a total of 300 members in 17 counties. They are cooperative in nature, and are composed of farm bureau members, who, with the assistance of the farm and home management specialists and a cooperatively employed field man, study their individual farm and home businesses as a unit.

## County Meetings Held

In the Kansas plan, simple farm and home accounts are kept for a period of 12 months. After summarization of the year's records at the State college, the farm and home management specialists hold county meetings for the purpose of returning the books and discussing the analyses. Husbands and wives are asked to sit together at a well-lighted table and each family is presented with its two records—a county measuring sheet which indicates the county average in each item, a State summary sheet, and a colored pencil. The items of expenditure listed on the county measuring sheet and the State summary sheet are the same as

**F**ARM LEADERS in more than 1,000 New York State communities held meetings Friday evening, April 21, to discuss the farm situation. Each meeting was opened by a radio address by Dr. G. F. Warren, from Station WGY at Schenectady. This was the first of a proposed series of community supper meetings for farm families in each community to discuss problems led by persons of national repute who will speak to all the groups by radio. Following Dr. Warren's address, a member of each group led a discussion of the topic presented.



# Extension Contributions to Child Welfare

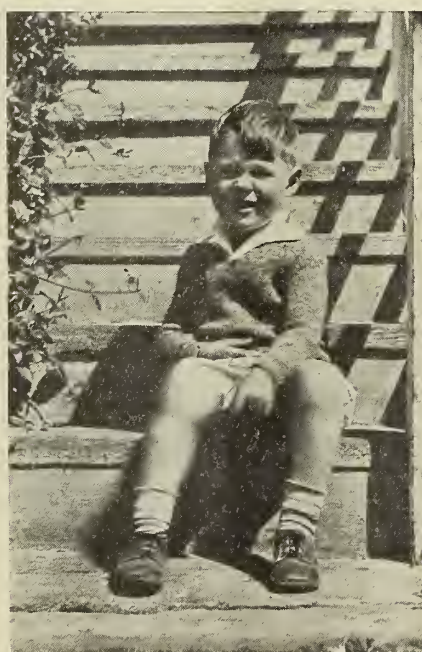
**T**HE WELFARE of the child always has and always will be of prime importance in home-demonstration work. In the fields of nutrition, clothing, household management, and other well-established activities, as well as in the newer work on child care and training, the needs of childhood are emphasized. Among the various lines of food and nutrition work which definitely affect child welfare are meal planning for the family, providing the family food supply through home gardens, poultry flock and dairy, adequate school lunches, and child-feeding demonstrations. In the past several years the Extension Service has made special effort to interest the younger home maker with small children.

The younger women in Massachusetts said that their greatest problem was "to make the time and money go round." The project *Our Money's Worth* was organized to help them in their meal planning. The assistance which these women received in planning for the health and happiness of the family is shown by the fact that 3,410 women enrolled and 2,559 carried the work through the year. These women were responsible for feeding and caring for more than 5,000 children. Another method of helping these young mothers and also those who found it impossible to attend extension meetings was through the mothers' service letters sent to 7,000 mothers in Massachusetts last year. The names were sent to the State office by the home-demonstration agent. A series of letters on various phases of child care and training were written by the State specialists

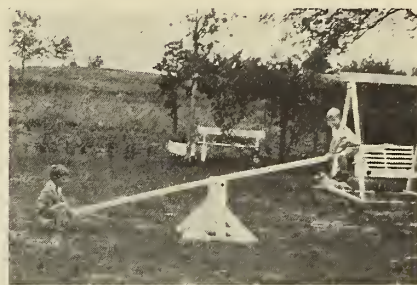
and signed and sent out by the agents. Several other States have similar plans.

## *Vegetables for Children*

The needs of the child are very important in making plans for the home garden, poultry flock, and dairy. In New York a subproject, *Storing Summer's Wealth for Winter's Health*, was given in cooperation with the vegetable-gardening specialist, who gave talks on planting and storing vegetables. The campaign for healthier, happier children in Yates County, N.Y., begun in 1930, was con-



Kelly Buchanan, one of the better-teeth demonstrators of Santa Cruz County, Calif.



Homemade swing and see-saw in the yard of Mrs. Harper Vaughan in South Carolina.

tinued last year by encouraging the 376 mothers enrolled to provide adequate gardens. Each one received a letter enclosing a simplified fruit-and-vegetable budget and a list of helps on gardening.

In a number of Southern States the plans for the well-organized farm-home pantries include a group of small shelves for especially prepared foods in small containers for infants and little children, including strained vegetable purées, tomato juice, and fruit juice.

## *School Lunches*

Adequate school lunches have received attention in practically every State. In hundreds of communities, the women have met to can for the hot school lunches. Soups, vegetables, and fruits have been put up by a school canning budget to supply a hot dish for the school children. As many children carry lunches to school, farm women have appreciated help in planning the lunches to meet the child's health needs. In 1931, 84,794 farm women made some changes in packing the children's lunch to make it more appetizing and nutritious.

Child-feeding demonstrations have proved very convincingly the value of the right foods for the expectant mother and her baby. A 15-year better-teeth project in California has been in progress nine years. In Santa Cruz County, where the work was started, there are now 34 children enrolled as better-teeth demonstrators. The mothers enroll before the baby is born and follow a food plan for themselves and later for the child, reporting regularly to the home-demonstration agent. These demonstration children are in unusually good health; have whiter, straighter teeth than previous children in the same family; have little or no trouble at teething time; show little decay in their teeth; and walk early, showing strong bones. The mothers are all enthusiastic about



A leader training group in east Pottawattamie County, Iowa.



the demonstration which is going on in five California counties.

Clothing for children has occupied an important place in the clothing projects. In Massachusetts, training schools for making children's coats have aroused a great deal of interest, and 567 coats were made last year. Children's sun suits and self-help garments have been received enthusiastically by mothers in Iowa, California, Illinois, New Hampshire, and other States. The exhibit clothing sent out by the Bureau of Home Economics has been copied over and over again by rural mothers from coast to coast.

In the field of home management the problem of storage space for the child's belongings, furniture to fit the child, indoor and outdoor play equipment, and the question of the child's allowance have all received attention. A typical example is given in Arkansas, which devoted two meetings to this subject—one on the child's furniture and play equipment and the other on the child and his family life. A set of toys to teach skill, motor ability, and social life were exhibited and explained. Each demonstrator was asked to provide at least 2 pieces of suitable furniture for the child and 1 piece of outdoor and 1 piece of indoor play equipment. Six hundred and forty-one pieces of home-made play equipment and 52 pieces of furniture were made.

Other States report similar results: Alabama found that 337 homes had provided recommended play equipment and 499 homes made recommended physical adjustments to better meet the children's needs. Seventy-five women bought springs and mattresses in order to have more comfortable beds for children. When it was not possible to buy the bedstead to go with the mattress and springs, a framework was made of strong two-by-fours, using gingham or other wash material for a ruffle around the bottoms and for the spread. In Oklahoma 245 homes provided better equipment for the children.

### Child Care

Child care and training as a special project for the younger mothers has also grown in strength and numbers. Nine States employ trained specialists to take charge of this work—Massachusetts, New Jersey, New York, California, Oklahoma, Illinois, Iowa, Michigan, and Minnesota. Because of the interest which farm women show in the best methods of child care and training, thousands of children now have a better opportunity for sound bodies and normal development.

## Child-Welfare Work for Older Girls

*What 4-H club projects hold the interest of and are most helpful to older boys and girls? Many extension agents are giving this question their attention, and so is Margaret Latimer, an ex-4-H club girl from South Dakota, who is this year holding the Payne Scholarship for a year of study in the United States Department of Agriculture. The following examples of how child-welfare work had been used successfully with older girls are contributed by Miss Latimer.*

**C**HILD-WELFARE work is opening a new field of activity for older 4-H club girls.

In Kings County, Calif., senior 4-H club girls are making a demonstration community play yard. Many mothers of young children come to extension meetings in the Guernsey farm home center



A Connecticut 4-H club girl makes a toy for her little sister.

because their children are being cared for in a nearby home. Older 4-H girls decided to do their share by planning and equipping a play yard for the center. The playground is being developed in the back yard of a family which is much interested in its progress, for there are 4 children between 20 months and 9 years of age in the family. The girls find that they can construct the equipment from pieces of lumber and boxes on hand with practically no expense. They took pride in leveling the yard, planting the lawn, and finishing each piece of equipment in the proper manner. In making the sand box, teeter-totter, swing, and playhouse, the girls had a little help from the father in whose yard the playground is located. Besides furnishing a well-equipped community center for children, this project has provided new and valuable experience for older girls.

In other States also 4-H club girls are finding child-welfare work of various

kinds an interesting way to serve the community. The 4-H girls in Carlton County, Minn., took care of the children whose mothers attended the county achievement day. They carefully planned the program for the youngsters under the direction of the State specialist in child care and training.

The Happy-Go-Lucky Girls of Middlesex County, Mass., have been making children's undergarments, dresses, and shirts for their town welfare department from materials provided by the Red Cross. The girls report that they had fun making the garments and were glad that they could help some of the unfortunate children of their town. Another group of Massachusetts girls near Beverly Health Center have formed 4-H sister clubs. Only girls having little brothers or sisters are enrolled. The girls share the responsibility of the home by assisting in the care of their brothers and sisters by helping the children to have better habits, and by making clothing and toys for them. During last summer 50 big sisters in 5 clubs reported 19,653 activities, including 129 children cared for, 61 garments made, and 57 toys made. Other girls dressed dolls for hospitals, made toys for neighborhood kindergartens, and made layettes for needy babies. Whatever phase of child welfare girls choose they are finding that they can be of real service and at the same time do something they enjoy.

**T**HE OUTLOOK for the farm home was included in the general agricultural outlook report for the first time this year. The States are following up the National Outlook Conference held in January with State and county meetings. Outlook meetings on farm-home living are being held in every county in South Carolina. In Maine the conferences are for both men and women, and the principal subject for discussion is Ways to Increase the Farm Income. About 2,500 people in Maine are being reached by these conferences.



# Farm Homes in West Virginia



The development of Hillside, the home of Mr. and Mrs. G. E. Watson, Little Falls, W. Va., from a small shack on the bleak hillside in 1917 to the present beautiful home.

**T**HE development of the beautiful farm home, Hillside, from a 2-room shack on a steep pasture is a fine example of the work in rural landscaping which is being done in West Virginia under the direction of T. D. Gray, extension landscape specialist. Back in 1917, Mr. and Mrs. G. E. Watson of Little Falls, W. Va., erected the small shack on the 30 acres of stony hillside which constituted their farm. Little by little the improvements were made—a cellar was dug; four rooms were added, a dining room and kitchen downstairs and two bedrooms upstairs; the original house was weatherboarded and a porch added. The planting and landscaping were started as soon as the home began to take physical shape, all of it being done according to a definitely worked out plan. The Watsons have done most of the work themselves, and the expense has

been surprisingly low—about \$10 for the landscaping. The rhododendron, mountain laurel, and trilliums came from nearby woods; the creek banks furnished the hemlocks; and the hills and pastures supplied bluebells, columbine, wild honeysuckle, jack-in-the-pulpit, dogwood, ferns, and azaleas. Exchanging cuttings with neighbors has added many other flowers and shrubs on the grounds.

"In spite of the depression," says Mr. Gray, "more requests have come during the past year for help in planning home, school, and church grounds." Plans and some improvements in accordance with this plan were made by 142 homes. In addition about 300 farm homes beautified their grounds in some way after attending a garden tour or a garden meeting. Home-ground-improvement contests in 10 counties proved the most popular of all the landscape projects,

with garden tours growing more popular each year. Last season 875 visited demonstration gardens.

Native shrubs, trees, and flowers were used almost entirely in planting some of the homes.

More than 1,000 bulbs were exchanged and more than 5,000 irises were exchanged in Wood County in 1932, and these spring flowers are making the whole county a place of beauty.

These pictures of two West Virginia farm homes not only show the way the farm folks are taking hold of the idea of more beautiful homes but also show how to take good before and after pictures. They are taken from the same place, and this spot was evidently chosen with the improvements to be made in mind, for in each case the after picture shows the plantings and improvements to the best advantage.



A lawn, shrubs, and flowers, a little lattice make a difference in the home of Mr. and Mrs. Brown, of Prospect Valley.



# Home Demonstration Work in the Philippines

*WE INTRODUCE to you two home-demonstration agents from the Philippines—Natividad A. Brodeth and Presentacion Atienza—who are with us this year studying extension methods. They are now planning a trip through several States, visiting home-demonstration agents and finding out all they can about their varied activities. They tell you in the following article how they are trying to improve living conditions in their native land and to develop the native resources in the islands.*



Natividad A. Brodeth and Presentacion Atienza

**I**F WE should make for you a fruit calendar, you would readily see that our seasons are such that permit having fresh fruits nearly every month of the year, but certain kinds of fruits and vegetables are only available in abundance for a few weeks of the year. This will in a measure explain why stress has been placed on our food-preservation program in order that we may have a supply all the year of the fruits and vegetables we like and those which are considered most wholesome. It is very necessary in the Philippines that we conserve and save our surplus to provide adequate and well-balanced food supplies for our working people, who could not afford in any other way to obtain such a good living at home.

Our conditions and needs are similar in many ways to what we have found in the States; that is, the extension workers are helping farm people to obtain a better living through their own efforts and thrift in making the best use of what they have.

It has been our chief's ambition for some time to have one or two of her staff secure an opportunity to study further the organization and conduct of home-demonstration work in the States.

Because of the helpful plans and guidance furnished to Miss Orosa when she was studying extension work in the States, by Mrs. Ola Powell Malcolm,

arrangements were made through her generosity and cooperation for us to secure official leave and have the benefit of special study here. Government officials, including Members of our Senate, and some of our special mission and our commissioners seem well pleased with the progress we have made in the past few months here in Washington.

## Live-at-Home Campaigns

We have been very interested in the live-at-home campaigns which extension agents have been stressing throughout the country during the trying times of the depression. We feel that we have obtained a great many suggestions and practical ideas that will prove helpful in our efforts to broaden the scope of our extension work in the Philippines.

You might be interested to know something of how our government extension work is carried on through the food preservation division of the bureau of science. The extension service is an office in the bureau of science which is in the department of agriculture and natural resources. Maria Orosa, who studied a number of years in the States and is a graduate of the University of Washington, is the chief of this division and has had charge of the development of the extension work since its inauguration in the Philippine Islands about eight years ago. The food-preservation work became very popular, and demands came for help along this line from many provinces in the islands.

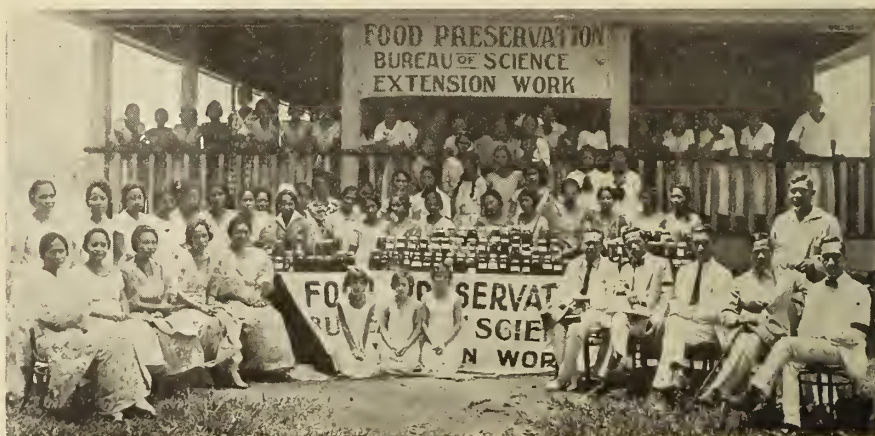
## Appropriations Made

At this time special appropriations were made by our legislative body, and this amount has gradually increased from year to year, enabling our chief to employ agents for the purpose of spreading the influence of the work to all parts of the Philippines, covering the islands of Luzon, Mindanao, and Visayan.

At one time Miss Orosa's extension group numbered 17; now there are 12 trained agents in our extension division, who are often called demonstrators. Most of the agents are traveling all the time, meeting groups of women, visiting, inspecting, and encouraging the work in the homes throughout the various provinces. They travel by twos, a senior and a junior usually going together. The senior is in charge of the plans and bears the responsibility for its success. In all places visited the agents are received by the Governor and other officials, who also attend their meetings and observe the conduct of the work and the results obtained. The interest of the officials has given us prestige and made it easier to reach larger numbers of people in a more effective manner. In some parts, groups of women are organized and have their club presidents and other club officers.

## Work with Young People

We hope from the knowledge and information gained here regarding 4-H club work to enlarge our activities among the younger groups. Miss Orosa



A group of farm women showing an exhibit of canned goods following a public demonstration.





How one woman provided her family with well-balanced food supplies.

has for a long time realized the possibilities of doing more work with the younger girls.

To be eligible for a position in extension work a young woman should be a college graduate in home economics or have received the equivalent in her study, experience, and other preparation. In addition she must take a course of study offered by bureau chiefs. After this she must pass an examination given by the bureau of civil service of the government.

In addition to the field work which is being directed by our division, research work with the different food products is being conducted by Miss Orosa and her laboratory staff.

During the depression special emphasis has been placed in our work on safe

diets made up of low-cost foods as a protection to health for those classes who are compelled to live on lowered incomes. As a result of this experimental work, several bulletins have been issued describing the food value and many different uses for such cheap foods as rice bran, soybeans, fish, and other native products which abound in the Philippines.

Food plans for farm families are receiving attention from government scientists and extension workers.

We are convinced as far as our experience has gone, that the matter of making a living and living broader, happier, and more useful lives is a problem which seems to exist the world round and this furnishes the extension organization its greatest opportunity for service.

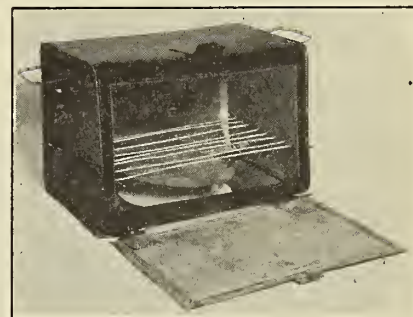
The work was given in a 3-day school conducted in a well-equipped shop. Sewing machines were provided for each three workers. One of the leading sewing-machine companies was very generous in lending machines and many individuals brought their own. Pressing equipment was provided for each five workers, and long tables for cutting were supplied. A complete set of sizes in raglan and set-in sleeves, coats, play suits, and hat patterns was provided. Schools were conducted from 10 a.m. to 4 p.m. or later.

A kit, with a complete coat, samples of finishes, and patterns, was provided for each leader to help her in teaching her group. This was declared by the leaders to be invaluable.

### Style Show

As each county finished the project, a summary meeting or style show was held. Agents and local leaders from other counties were invited. Thus these meetings served to stir up interest for the other counties. Coats were also sent from one county to another to be shown at meetings before the project was started.

THE WOMEN of Kauai, Hawaii, were much interested in baking and wanted demonstrations, but a check showed that very few women had ovens. The solution of this problem came to home demonstration agent, Martha L. Eder, when her next-door neighbor proudly displayed her 5-gallon oil can oven which she found so useful. The ovens could be made by the high school



shop class for 75 cents each. Miss Eder obtained one of these ovens, used it in all her demonstrations, and returned from almost every meeting with the back of her car filled with empty oil cans. More than 80 ovens were made for the women when oil cans became scarce because kerosene is now bought in large drums. In this crisis the high school began experimenting on an oven made out of a round candy can for the agent which promises to be very successful, and in time Miss Eder hopes to have ovens and kerosene stoves in all the homes.

## Clothing Children in Massachusetts

AN OLD coat, zippers from a worn-out pair of galoshes, and 35 cents' worth of thread and buttons in the hands of one Massachusetts mother provided her 18-month-old son with a warm winter play suit and cap.

This is but one example typical of many which took place throughout Massachusetts the past fall and winter, when 567 children's coats and 174 hats were made by mothers working on the extension clothing project under the direction of Mrs. Esther Cooley Page, Massachusetts clothing specialist.

"Under the stress of the times," declared Mrs. Page, "it was only natural that the clothing projects should emphasize the possibility of utilizing material on hand. The possibilities of making over old garments into warm, attractive coats, play suits, and hats for children

were featured because the women kept asking for this help."

Of the 11 Massachusetts counties doing home-demonstration work, 5 counties took up the work as a major project and 2 counties as a minor project. There were 9 leader groups, with 115 leaders and 8 community groups. Some of these groups were conducted by the specialist and others by the home-demonstration agent. Forty-nine community groups were conducted by leaders in six counties.

The leaders for each group were selected by the home-demonstration agent. Most of the groups were taught by the specialist, but one or two groups were taught by the home-demonstration agent. The leaders in turn organized groups in their home communities and passed on the material which they had received at the leader-training meetings.



# Proof of the Pudding

Better Homes, Better Living, Happier Families with the Help of the Extension Service

MRS. John Ponder, of Trumann, Ark., paid off the last debt on the farm with money saved from home-grown products, using her savings to save the farm. Mr. and Mrs. Ponder bought a 40-acre farm six years ago and made regular payments until 1930, when the crops failed. Mrs. Ponder, who had been improving her poultry flock and practicing the methods recommended by the home-demonstration agent, began in earnest to produce and sell baby chicks, chickens, eggs, and other surplus farm products. When the last payment was due, she presented the deed to her husband.

THIS LOG home west of Riverton, Wyo., is developing into a spot of beauty and repose with the expenditure of much care and thought but not much money. Mrs. George Stevens, with the encouragement and advice of the extension agents, made the first plantings in 1927—four cottonwood trees and a little plot of grass. These were so successful that Mr. Stevens became interested and fenced the yard. The extension forester visited them and helped them to work out a complete planting plan, including a windbreak protection on the north. A good start has been made on this plan, and every member of the family down to the youngest takes great pride in the trees and plants, and each thoroughly enjoys the growing beauty of his home.

AT PRACTICALLY no expense except her own labor, Mrs. F. H. Pickett of Spring Valley community, Colorado has dried enough vegetables from her own farm garden for the winter needs of her family of five. She was able to make a small vegetable drier after attending a demonstration on the drying of vegetables. With this drier she dried substantial quantities of such vegetables as beans, peas, Swiss chard, corn, turnip greens, and pie pumpkins.

MRS. E. S. Perry, of Alameda County, Calif., says: "My 10-year old girl was 10 pounds underweight from a tonsil operation, but we had not realized it until I began attending the home-demonstration meetings. My girl is still 3 pounds underweight, but she is growing more rapidly. We have learned to make a game of eating, and she has learned something of nutrition—how to cook a good meal and to prepare balanced lunches for school."

SIXTEEN-year old Ruth West, Marlboro, N.H., canned nearly half of the fruits and vegetables needed by her family for the winter. This was her second season in the 4-H canning project, and her record is 68 quarts of fruit, 84 of vegetables, 22 of jelly, 2 of soup, and 8 of pickles.



A HAPPY daughter in a lovely graduation dress, is the result of home-demonstration clothing work in one west Texas home. Mrs. Ethel Hughey wanted her daughter to look well, and especially she wanted her to be joyous and carefree upon her graduation, but there was little money. She decided to work out her problem in the home-demonstration club. First she made a foundation pattern for the girl, that the dress might fit perfectly. The net for the dress cost 20 cents a yard. All the dainty little ruffles and tucks were put in with the skill and care of a professional under the supervision of a clothing specialist. Finally the small pink and blue flowers and the sash to match were added, with the charming result in the picture and a total cost of \$1.75.

VEGETABLE gardens have made substantial contributions to the food supplies of 87,300 unemployed families in the State this year, W. B. Nissley, vegetable gardening extension specialist of the Pennsylvania State College, says.





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## · ACROSS · THE · EDITOR'S · DESK ·

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### Secretary Wallace

EVERY DAY in the mail that comes across my desk I find evidences of keen interest on the part of extension workers in knowing more about our new chief, Secretary Wallace. It's not just curiosity that actuates them. From every crossroads, as knowledge regarding the new program to increase farm purchasing power begins to spread, comes the insistent demand, "Tell us more about the man who is to lead us in this program." In the Corn Belt, Henry Wallace's record is not a new story. The people of his own section know him, respect him, and love him for the leader that he is. The farm people in other parts of the country want to know him as well. Here are the plain facts of his record.

Henry Agard Wallace was born October 7, 1888 on a farm in Adair County, Iowa. He is the son of Henry Cantwell Wallace, Secretary of Agriculture under Presidents Harding and Coolidge, and grandson of Henry Wallace, member of President Theodore Roosevelt's Country Life Commission. All three Wallaces have served as editor of Wallaces' Farmer. Henry Wallace and his sons, Henry C. Wallace and John P. Wallace, founded the magazine in 1895. Henry C. Wallace succeeded his father as editor when the latter died in 1916; Henry A. Wallace succeeded Henry C. Wallace when the latter became Secretary of Agriculture in 1921. Since 1929 when Wallaces' Farmer and the Iowa Homestead were consolidated, until March 4, 1933, Henry A. Wallace served as editor of the consolidated magazine.

Secretary Wallace has always maintained an intimate connection with farm affairs. He has owned and supervised the operation of a Polk County farm for years. He was graduated from Iowa State College in 1910 and began work on the editorial staff of Wallaces' Farmer immediately after graduation.

This record speaks for itself. It promises us an enlightened and aggressive leadership. That, I take it, is our great need today.

### Still Coming Back

THEY ARE still coming back to the land. Director D. P. Trent, of Oklahoma, with the cooperation of county extension agents in his State, undertook a survey of the extent of this back-to-the-land movement. Commenting on the situation, he says "Let's recognize that the unemployment problem is a serious problem. Many of these people were Oklahoma farmers before they moved to town. If there is anything which can be done in a constructive way to rehabilitate these people and help them to get back upon a self-sustaining basis, it is our obligation to cooperate with chambers of commerce and other organizations in rendering effective service to them."

That, I think, is the common-sense way to meet this problem. Go out, meet it, and master it as Director Trent and his extension agents have done. Then, there should be no serious rural unemployment problem.

### Let Them Know

MUCH CAN be accomplished in extension work through letting interested groups in the community have the pertinent facts regarding any matter that should be put forward. This is the conclusion L. R. Combs, extension editor of Iowa, reaches as a result of a test conducted in connection with Iowa's Farm and Home Week to determine what induced farmers and farm women visiting Ames at that time to do so. Neither, in any extension effort, should any informational mediums such as circulars, newspapers, or radio be neglected, contends Mr. Combs. Of the visitors interviewed, he reports that nearly two thirds were influenced to come to Ames for the week through one or the other of these three mediums. He reiterates the thought, however, that in any extension effort we undertake, we fully acquaint the various organized groups in each community on what it is proposed to do and how it may be done so that they may give the fullest possible support and cooperation in obtaining the desired result.

### Cheering News

MILDRED F. HORTON, State home demonstration agent for Texas, sends cheering news. Two thousand representative farmers and farm women from 96 Texas counties traveled to Austin on April 18. They were invited to a hearing on extension work held jointly by the two houses of the legislature. Voluntary demonstrators and cooperators in extension work from all parts of the State made a strong presentation of the results obtained on the farms and in the homes of Texas, winning from the legislators the promise of full support for the appropriations required to carry on the work. It was, indeed, a glorified achievement day.

Such an impressive showing of extension results was the more readily possible because of the stress laid by the Texas Extension Service on the holding of community achievement days. Speaking of such achievement days in connection with home demonstration work, Miss Horton said recently, "Achievement day gives the demonstrator an opportunity to show and tell of her demonstration which in turn creates a satisfaction, a proper pride, enthusiasm, and confidence in herself. It enlarges her vision of her opportunity to help her neighbors. She becomes a leader, a leader through accomplishment, and a teacher who can inspire and inform others. It gives the bankers, editors, business men, commissioners, and club women of the community the opportunity to see at first-hand a demonstration which in turn gives them enthusiasm and information. And, finally, it gives to the agent under whose supervision the work had been done courage and enthusiasm and a thrill with which to go on with next year's work."

This explains, I think, what happened in Austin on April 18.

R. B.



## Happy, Healthy Growing



Wholesome Food  
Rest and Sleep  
Fresh Air and Sunshine  
make for  
**Appetite**  
Good Nutrition  
and Growth

Bureau of Home Economics

CHILD FEEDING

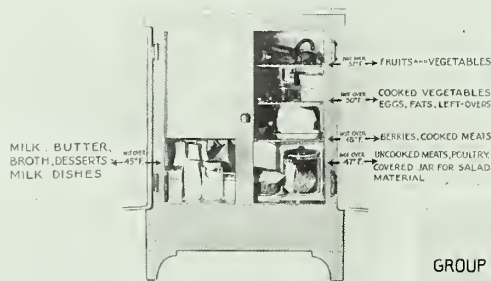
NUTRITION

HOUSEHOLD

REFRIGERATION

KITCHENS

### HOUSEHOLD REFRIGERATION CHART I USING THE TEMPERATURES IN A GOOD REFRIGERATOR



**Room Temp. 75°F**

BUREAU OF HOME ECONOMICS-UNITED STATES DEPARTMENT OF

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### GROUP ALL EQUIPMENT INTO WORKING CENTERS Group I—FOOD PREPARATION CENTER



THE SINK AND THE CABINET OR WORKTABLE  
FORM THE BASE FOR THIS CENTER WITH THE COLD CLOSET  
OR REFRIGERATOR NEAR BY  
AT THE SINK KEEP ALL UTENSILS FOR WASHING AND PARING  
FRUITS AND VEGETABLES WITH CONTAINERS FOR WATER USED IN COOKING  
IN THE CABINET KEEP DRY GROCERIES AND ALL UTENSILS  
NEEDED FOR MIXING AND MEASURING FOODS

*SEE THAT ALL WORKING SURFACES ARE THE PROPER HEIGHT*  
BUREAU OF HOME ECONOMICS, U. S. DEPARTMENT OF AGRICULTURE, MAY, 1927

## Vitamin A In the Diet

Effect of Vitamin A on Growth and Health

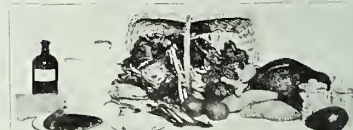


Diet adequate except for vitamin A



Vitamin A added to the same diet  
Litter mate of the same sex, 11 weeks old. Weight of smaller 50 grams  
of larger 125 grams. Note inferior eyes, rough fur,  
and lack of vigor of the smaller rat

Some Common Sources of Vitamin A



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